

Mashpee Senior Center Activities

Below is a complete list of activities currently offered at the Mashpee Senior Center. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). **Activities may be changed or cancelled, and some activities do not meet during the summer months, so please stop by the front desk or call the Senior Center to check for latest schedules (508) 539-1440.** Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155.

Regular Scheduled Events and Activities

Activities are held weekly unless indicated otherwise by a specific week in parentheses ().

*If a red * is indicated, please contact the Senior Center to schedule an appointment.*

Mondays	Tuesdays	Wednesdays
8:30-9:30 Strength Training 9:45-11:00 Gentle Yoga 9:00-12:00 PC Laptop Skills (1st and 3rd) 10:00-11:30 Atty Kosman (4th) * 11:00-12:00 Chair Yoga 12:30-4:00 MahJongg 12:30-3:00 Pinochle 1:00-4:00 Hand and Foot Canasta	8:30-9:30 Exercise 9:00-11:00 Atty Mello (2nd) * 9:00-12:00 Woodcarving 10:00-11:30 Men's Club (1st) 11:00-12:00 Zumba Gold 11:00-2:00 Sea Mist Swimming ** 11:00-1:00 Ask-a-Pharmacist (1st) 1:00-4:00 SHINE * 1:00-3:00 Atty Lavender (1st) * 2:30-3:30 Aerobics for the Brain	8:30-9:30 Strength Training 9:00-10:00 Blood Pressure Clinic (3rd) 10:00-3:30 Foot Care Clinic (3rd) * 10:00-12:00 Painting 1:00-3:00 Painting 11:00-1:00 Hearing Tests (1st) 11:00-12:00 Zumba Gold -- Toning 1:00-2:00 Line Dancing 12:30-3:00 Canasta 1:00-3:00 Meditation (1st) 1:30-3:30 CARES Support Group (2nd and 4th) 2:30-4:30 SHINE (2nd & 4th) * 2:30-4:30 Tai Chi for Healthy Aging ***
Thursdays	Fridays	Saturdays
8:30-9:30 Exercise 9:00-12:00 SHINE * 9:30-11:30 Mashpee Senior Seniors 10:00-11:30 Cribbage 10:00-11:30 Parkinson Support Network (2nd) 10:30-11:30 Coffee Talks (every other week; please check with Senior Center for dates) 11:00-2:00 Sea Mist Swimming ** 12:00-2:00 PC and Gadgets Clinic * 12:15-1:15 Ballroom Dancing 1:00-2:30 Sketching 1:00-4:00 Social Bridge 7:00-9:30 Tai Chi <i>(Beginners: please come 1st Thurs)</i>	8:30-9:30 Strength Training 9:00 - 10:00 Ask-A-Nurse (4th) 9:30 Bowling (Ryan Amusements) 9:45 - 10:45 Ageless Yoga 10:00-12:00 Independence House Relationship Educ. and Advocacy Counseling (2nd) 10:00-11:30 Sight Loss Services (4th) 11:00 - 12:00 Zumba Gold 12:30 - 4:00 MahJongg 1:15-3:30 Veterans Services (1st and 3rd) * 2:00-3:00 Book Club (3rd)	8:30-9:30 Exercise <hr/> * Appointments required; please schedule with the Receptionist at Front Desk ** Open to Mashpee residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming *** Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list.